

LOOKING FOR THE COMPETITIVE EDGE?

We're On The Cutting
Edge Of Performance
Enhancement Training.
Speed Power & Agility.

We Build Great Athletes

Small Groups & Teams
Personal Training
Boot Camps

Flexible Hours
Two–three times per week

Franchise Opportunities Available
www.goingvertical.net

Free Athletic Testing
For Individuals & Teams

Call For An Appointment
402 392 1889
goingverticalomaha.com

Going Vertical Omaha
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Omaha, NE 68138
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SPEED

Speed training is executed on a high-speed power treadmill. Athletes improve speed by incorporating efficient running form into the most advanced and effective running techniques: incline sprinting and interval training.

AGILITY

Agility training takes place on the area's only Trazer; state-of-the-art, interactive movement system. This apparatus is designed to increase coordination, balance, reaction time, and acceleration.

POWER

Plyometrics is the primary tool used to increase an athlete's power. Training includes foot speed drills to improve quickness, speed and coordination. Plyometric drills will increase explosiveness and vertical jump.

